

Mouthwatering Marinara

Ingredients:

- 2, 28 oz cans Tomato Purée (56 total oz)
- 2 Tbsp Tomato Paste (see notes)
- 1 Large Onion, chopped
- 4 Cloves Garlic, minced
- 2 Ribs Celery, finely chopped
- 1/2 Green Bell Pepper (3 oz), finely chopped
- 4 oz. Mushrooms (Gourmet Blend), chopped
- 4 Cups Vegetable Broth (1 cup for deglazing)
- 7 1/4 Cups Water, divided (1/4 separate)
- 1 Tbsp Red Wine

You'll Need:

- Large Stock Pot
- Cutting Board or Mat
- Knife
- Measuring Spoons
- Long handled spoon (sauce tends to splatter and it is no fun to be splashed. I've been burned more than once!)

Spices:

- 2 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 1 tsp Celery Salt
- 1 tsp Corriander, dry
- 2 Tbsp Parsley, dry
- 1 Tbsp Oregano, dry
- 1 Tbsp Basil, dry
- 4 leaves Fresh Basil, chiffonade
- 1/4 tsp Red Chili Flakes
- 2 Tbsp Corn Starch
- Salt and Pepper



Cook & Prep Time: Approximately 1 hour 30 minutes

Makes: 3 1/2 Quarts

Instructions:

1. Chop all of your vegetables and measure out your spices. Go ahead and get the 1/4 cup of water in the refrigerator. You will be using it to make a slurry with the cornstarch. There is no need to be concerned about the looks of what you are chopping. It is going to basically melt into the sauce.
2. Splash a bit of vegetable broth into your pot and heat it over medium-high. Add the onions, garlic, celery, mushroom, bell pepper, and salt and pepper to taste to the pot. Sauté until veggies have given off their liquid, have softened, and have developed a little color. Use a splash vegetable stock to deglaze here and there.
3. Add in all the spices with the exception of the corn starch. Salt and pepper to taste. Cook for 1 minute or so until very fragrant and well combined. Use a splash of vegetable broth as needed to deglaze.
4. Add in the tomato paste. Cook for another 2 minutes. Again using vegetable broth to prevent sticking as needed.
5. Add the tomato purée to the mixture. Cook for 1 minute.
6. Add 1 cup of water and 1 cup of vegetable broth to the mixture. Bring mixture to a good simmer (just below boiling), lower the heat to medium-low, cover, and cook until sauce thickens slightly. You'll need to stir this pretty frequently. Should take approximately 10 minutes or so. This helps the sauce to develop a rich flavor.
7. Add 1 cup of water and 1 cup of vegetable broth to the mixture. Bring mixture to a good simmer (just below boiling), cover, and cook until sauce thickens slightly. You'll need to stir this pretty frequently. Should take approximately 10 minutes or so. This will develop that fantastic depth of flavor.
8. Taste the sauce to adjust seasoning to taste. Don't skip this step!
9. Add the rest of the vegetable broth and water (except the 1/4 cup in the refrigerator) to the pot. Simmer (raise the heat level if you need to but be sure to lower it again after the mixture comes back to a good simmer) for about 40-45 minutes. You will need to stir this occasionally to prevent sticking and burning. Sauce should be slightly thickened.

10. Combine the cornstarch and water from the fridge (alternatively, you could put the water in the freezer for about 5 minutes prior to using it) to form a slurry. Add it, the fresh basil, and the red wine to the pot. If you like a thinner sauce, skip this step.
11. Cook another 5-10 minutes or so until the sauce thickens (should coat the back of the spoon well). Keep in mind that it will also thicken as it stands slightly.

Serving Suggestion:

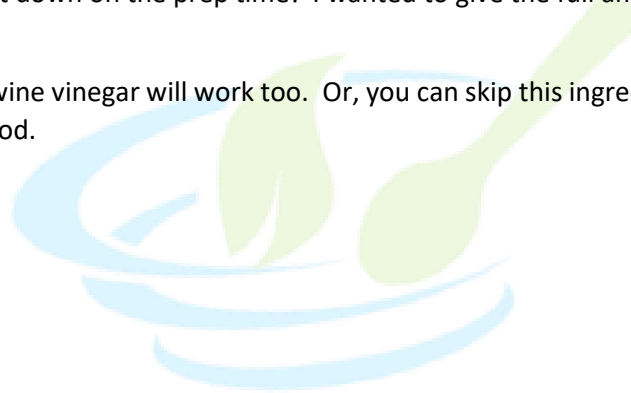
This sauce is fantastic with pasta, zoodles, or just about anything!

***Notes:**

This is a labor of love but it is so worth it! It makes so much sauce! And, it freezes well. It's a great one to do for a meal prep weekend. You can bake bread, prep other veggies, or any number of other things while this simmers away. Just stir it here and there and you're good to go!

Utilizing a food processor will cut down on the prep time! I wanted to give the full amount of time for anyone who might not have one.

If you don't have red wine, red wine vinegar will work too. Or, you can skip this ingredient. The flavor profile will change a bit but it will still be good.



Diabetic Vegan